

Iowa Department of Public Health | Updated: January 2019

The National Diabetes Prevention Program (NDPP) is a program that can help prevent or delay type 2 diabetes for people with prediabetes. An estimated 1 in 3 adults in Iowa have prediabetes. People with prediabetes are at high risk for developing type 2 diabetes. According to the [American Diabetes Association in 2014](#) over 35% of the adult population in Iowa has prediabetes.

NDPP is a year-long program. Classes are an hour long. Classes meet weekly at first, and later switch to meeting monthly. Classes are group-based. The two goals of the program are to:

1. Increase physically activity to 150 minutes a week.
2. Lose 5 to 7 percent of body weight. For a person who weighs 200 pounds, that means 10 to 14 pounds.

Research has found accomplishing those two goals lowers the risk of developing type 2 diabetes. In the class, participants meet with a trained lifestyle coach and a small group of other participants. There are many different NDPP classes offered in Iowa. Some classes meet only in person. Some classes are only online.

Diabetes Prevention Program Locations or [CDC DPP List](#)

City	Organization	City	Organization	City	Organization
Ames	Lincoln Center Hy-Vee DPP	Estherville	Avera Holy Family Wellbeing Clinic	Perry	Dallas County Hospital
Ames	Mary Greeley Medical Center	Fort Dodge	UnityPoint Health-Trinity	Sheldon	Sanford Sheldon Medical
Ames	West Ames Hy-Vee Club Room	Grundy Center	Grundy County Memorial Hospital	Sioux Center	Sioux Center Public Library
Burlington	Burlington Public Library	Humboldt	Humboldt County Memorial Hospital	Sioux City	Sunnybrook Medical Plaza Community Room
Carroll	St. Anthony Regional Hospital-Chronic Care Center	Iowa City	Mercy Iowa City Nutrition and Wellness Center	Sioux City	UnityPoint Health-St. Luke's
Cedar Rapids	YMCA Mercy at Health Plaza	Jefferson	Greene County Medical Center Diabetes Education	Tipton	Cedar County Public Health
Cedar Rapids	Hy-Vee Johnson Avenue Food Store Pharmacy	Lake City	Stewart Memorial Community Hospital National	Waterloo	Crossroads Hy-Vee
Cedar Rapids	YMCA of the Cedar Rapids Metropolitan Area - Helen G.	Marshalltown	Central Iowa Healthcare	Waterloo	Family YMCA of Black Hawk County
Centerville	Mercy Medical Center-Centerville	Marshalltown	Marshalltown YMCA-YWCA	Waverly	Bremer County Health Department
Clinton	Mercy Medical Center-Clinton	Mason City	Cerro Gordo County Department of Public Health	West Des Moines	Telligen
Dubuque	Dubuque Community	Mason City	Mason City Family YMCA	West Des Moines	West Lakes Hy-Vee, Inc.
Eagle Grove	Eagle Grove Pharmacy	Muscatine	UnityPoint Health-Trinity Muscatine Public Health		
Estherville	Avera Holy Family Hospital	Orange City	Community Health Partners of Sioux County		

What is Prediabetes?

Prediabetes is a health condition that means blood sugar, or glucose, levels that are higher than normal, but not high enough yet to be considered diabetes. An estimated 1 in 3 adults has prediabetes. A person with prediabetes is at increased risk for developing type 2 diabetes and having a heart attack or a stroke. Fortunately, people with prediabetes can cut their risk of getting type 2 diabetes in half by losing 5 to 7 percent of their body weight by eating healthy and being more active. The National Diabetes Prevention Program can help.

Evidence Supporting the Program and Cost Savings for Insurers and Employers

NDPP is based on a large, successful clinical trial ([CDC 2015a](#), [YMCA 2015a](#)). The clinical trial showed the program to cause, among those with prediabetes, a 58 percent reduction in the number of new cases of diabetes overall. The program was even more successful with older participants. The program caused a 71 percent reduction in new cases for those over age 60 ([Diabetes Prevention Program Research Group 2012](#)). NDPP is cost-effective and often cost-saving. A cost-savings calculator for insurers and employers for providing NDPP as a covered benefit is available here: <https://ama-roi-calculator.appspot.com/>. The cost of preventing diabetes is typically much lower than the cost of managing it.

Participant Eligibility for the National Diabetes Prevention Program ([CDC, 2015b](#))

1. Patients must be 18 years of age or older and have a body mass index (BMI) of ≥ 24 kg/m² (≥ 22 kg/m² if Asian). (For Y DPP, the non-Asian participants must have a BMI of ≥ 25 kg/m².) A BMI calculator is available online here: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm. Pregnant women should not participate in the program.
2. A minimum of 50% of a program's participants must have had a recent (within the past year) blood test (may be self-reported) indicating they have prediabetes, or a history of gestational diabetes mellitus, according to one of the following specifications:
 - a. Fasting glucose of 100 to 125 mg/dl
 - b. Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dl
 - c. A1c of 5.7 to 6.4
 - d. Clinically diagnosed gestational diabetes during a previous pregnancy (may be self-reported)
3. A maximum of 50% of a program's participants may be considered eligible without a blood test or history of gestational diabetes only if they screen positive for prediabetes based on the CDC or American Diabetes Association Prediabetes Screening Test (available online at [DolHavePrediabetes.org](#)).

Cost of the Program

The cost for participating in NDPP is on average about \$500 per person for the entire year (YMCAs have a nationally set price of \$429). Medicare and a few insurance plans and employers cover the cost of the program. Some sites offer scholarships. Self-pay is an option. Individuals are encouraged to check with their insurance company and employer to see if the program is covered. Insurers and employers who do not currently cover the program are encouraged to cover it. NDPP is cost-effective and, in many cases, cost-saving for insurers and employers.

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